

LIVErNEWS

Liver Patient Support Newsletter

Autumn 2026

Liver
NORTH

Registered Charity No. 1087226

Glossary of terms

Here are some frequently used terms and acronyms you may come across in this magazine and elsewhere in healthcare.

A&E	Accident and Emergency	ITU	Intensive Therapy Unit
AI	Artificial Intelligence	LFT	Liver Function Test (now known as Liver Blood Tests)
AIH	Auto Immune Hepatitis	LFT	Lateral Flow Test
ALD	Alcoholic Liver Disease	LSM	Liver Stiffness Measurement
ALF	Acute Liver Failure		
APEX	Advising on the Patient Experience	MASH	Metabolic dysfunction-Associated Steatohepatitis
ARI	Acute Respiratory Infection	MASLD	Metabolic dysfunction-Associated Steatotic Liver Disease (see also NAFLD below)
ARLD	Alcohol Related Liver Disease	MetALD	Metabolic dysfunction-associated Alcohol-related Liver Disease
BP	Blood Pressure	ML	Machine Learning
CCG	Clinical Commissioning Group	MRC	Medical Research Council
CRESTA	Clinics for Research and Service in Themed Assessments	MRHA	Medicines & Healthcare products Regulatory Agency
CQC	Care Quality Commission	MRI	Magnetic Resonance Imaging
CT	Computed Tomography	NAFLD	Non-Alcoholic Fatty Liver Disease
EHIC	European Health Insurance Card	NASH	Non-Alcoholic Steatohepatitis
FLI	Fatty Liver Index	NFIB	National Fraud Intelligence Bureau
GHIC	Global Health Insurance Card	NICE	National Institute for Health and Care Excellence
GIT	Gastrointestinal Tract	NHS	National Health Service
GP	General Practitioner (doctor)	NHSBT	NHS Blood & Transplant
HAV	Hepatitis A Virus	NIHR	National Institute for Health Research
HBV	Hepatitis B Virus	NSAID	Non-steroidal anti-inflammatory drug
HCC	Hepatocellular carcinoma	PALS	Patient Advice and Liaison Services
HCQ	Hydroxychloroquine	PBC	Primary Biliary Cholangitis
HCRG	Hepatobiliary Clinical Reference Group	PHE	Public Health England
HCV	Hepatitis C Virus	PPE	Personal Protective Equipment
HDU	High Dependency Unit	PPI/E	Patient and Public Involvement/Engagement
HE	Hepatic Encephalopathy	PSC	Primary Sclerosing Cholangitis
HEV	Hepatitis E Virus		
HIV	Human immunodeficiency virus	TED	technology, entertainment, design
HPB	Hepato-Pancreato-Biliary	TX	Transplant
HRCT	High-Resolution CT	T2DM	Type 2 Diabetes
ICP	Integrated Care Plan	URSO	Ursodeoxycholic acid
ICS	Integrated Care Scheme		
ICU	Intensive Care Unit		

LIVERNORTH is a registered charity (No. 1087226) with no paid employees

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Professor Helen Reeves BM BS BMedSci FRCP PhD, Professor Colin Wilson MBBS FRCS PhD

Cover photo 'Northern Dales'

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With grateful thanks to all contributors

You can receive the online versions of the LIVERNEWS by emailing us to be added to our email list. Online newsletters arrive a few days before printed versions.

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LIVERNORTH National Liver Patient Support

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NIHR Non-commercial Partner

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WELCOME TO THE AUTUMN 2026 ISSUE OF LIVErNEWS

I hope you will find plenty to interest, inform and perhaps entertain you in the pages that follow.

We have a particularly busy programme of **guest speakers** over the coming months, with Dr Jess Dyson, Kath Houghton, Mr Abdullah Malik and Professor Derek Mann joining us between October and December. We are extremely grateful to them for giving their time and sharing their knowledge and expertise with us. If you are unable to join don't forget that these talks and many of our previous talks can be watched at any time on the LIVErNORTH YouTube channel.

Research continues to be an important part of our work. In this issue we look back at Professor Colin Wilson's fascinating talk on **The Future of Donated Organs**, and we have an update from Mr Abdullah Malik on research supported by a LIVErNORTH grant. Supporting worthwhile liver research remains one of our charity's key aims and something we could not do without your generosity.

Organ donation and transplantation feature prominently too. We report on the **48th Westfield Health British Transplant Games** and hear Pete's personal story of taking part, while John Harty looks back at the history of the Games. We also highlight the **NHS One in a Million appeal**, encouraging more people to consider the difference they could make through organ donation.

Closer to home, it is particularly pleasing to report that LIVErNORTH information and support is now available at Cumberland Infirmary in Carlisle, extending our reach to more

liver patients and their families. You can also read about the charity hammer throw held in Carlisle in September and the latest appeal from PSC Support for volunteers.

September would not be September without the Great North Run. Once again, Team LIVErNORTH will be out in force, raising both funds and awareness. To everyone running for us, supporting our runners, sponsoring them or helping behind the scenes, a very sincere thank you. There is plenty of lighter reading too... Alf Bennett explores the story of The Blaydon Races, Joyce Widdis shares more memories of the North East from her home in Kent, and we have the usual collection of letters, quizzes, Sudoku and Helen's Howlers.

You will also find details of our **LIVErNORTH Lottery** for 2026/27 and our **Charity Draw**, with a £500 first prize and a Barbour jacket among the prizes.

None of what LIVErNORTH achieves would be possible without our members, volunteers, supporters, fundraisers, speakers, researchers and healthcare professionals. We remain a charity run entirely by volunteers, with no paid employees, so the support you give us goes directly towards helping liver patients and their families or supporting research into liver disease.

Thank you, as always, for being part of LIVErNORTH. I hope you enjoy this issue and I look forward to seeing many of you, whether online or in person, during the months ahead.

Best wishes, John

TALKS TO COME - BOOK UP NOW, ALL ARE FREE.

LIVErNORTH TALK



Dr JESS DYSON

Consultant Hepatologist

Dr Jess Dyson is an NHS consultant hepatologist at Freeman Hospital in Newcastle, UK, with sub-specialty interests in autoimmune liver disease and liver transplantation. She leads the clinical service in Newcastle for patients with autoimmune liver disease and runs the regional service for second-line therapies for patients with high risk primary biliary cholangitis (PBC). She is also an honorary clinical senior lecturer at Newcastle University.

HOW TO MANAGE LIVER RELATED ITCH

22 Oct 2026 at 5.00 pm
via Zoom - 

email info@livernorth.org.uk for the link to join

2 x CPD points for clinical staff

TALKS TO COME - BOOK UP NOW, ALL ARE FREE.

LIVErNORTH TALK



KATH HOUGHTON

Autoimmune Liver Nurse Specialist

Kath Houghton is an experienced liver nurse who has worked in Hepatology at Newcastle's Freeman Hospital since 2013. As the Trust's first dedicated Autoimmune Liver Nurse Specialist, she developed a particular interest in PBC, helping to establish nurse-led and symptom management services. She is also a member of the PBC Connect educational group.

FATIGUE in liver patients

5 Nov 2026 at 7.00 pm
via Zoom - 

email info@livenorth.org.uk for the link to join

2 x CPD points for clinical staff

TALKS TO COME - BOOK UP NOW, ALL ARE FREE.

LIVErNORTH TALK



Mr Abdullah Malik

Abdullah is a surgical trainee in Newcastle with a specialist interest in liver surgery, transplantation and liver cancer. He is currently undertaking an MRC-funded PhD at Newcastle University investigating how the liver's response to surgery can influence the growth and recurrence of liver cancer. His research combines laboratory models with clinical studies, with the aim of developing better treatments for patients undergoing surgery for liver cancer.

The Regenerating Liver: Friend or Foe After Cancer Surgery?

19 Nov 2026 at 6.00 pm

via Zoom - 

email info@livenorth.org.uk for the link to join

2 x CPD points for clinical staff

TALKS TO COME - BOOK UP NOW, ALL ARE FREE.

LIVErNORTH TALK



Prof Derek Mann **PROFESSOR OF HEPATOLOGY**

Derek is Professor of Hepatology with a specific interest in the biology of liver disease and cancer. He is Dean of Research and Innovation in the Faculty of Medical Sciences at Newcastle University, this role providing strategic leadership for all basic science research in the faculty. Main research role is as Director of the Newcastle Fibrosis Research Group (NFRG) providing strategic direction and leadership to its basic and clinical scientists.

The Big C: Cancer lived and explained

17 Dec 2026 at 6.00 pm

via Zoom - 

email info@livernorth.org.uk for the link to join

2 x CPD points for clinical staff

Catch up on our YouTube Channel

You can access our recorded talks on our YouTube channel:

<https://www.youtube.com/@livernorth7778/videos>

50+ talks are currently available, all free to watch or share.

scan here
for the link



RECORDED BRIEFINGS, TALKS & WEBINARS

Jun	2026	Prof Colin Wilson	The Future of Donated Organs
Jan	2026	Prof Stuart McPherson	NHS liver Health checks – results from the national pilot
Nov	2025	Mr Rohan Thakkar	Liver Transplantation in Colorectal Liver Metastasis in the UK –
July	2025	Mr Stuart Robinson	Liver Transplantation for Neoendocrine Tumours
April	2025	Kate Pym	How AI is Shaping our World
Jan	2025	Professor Derek Manas	UK Assessment and Recovery Centres - Fact or Science Fiction?
Nov	2024	Professor David Jones	New Therapies for PBC
Oct	2024	Dr Rachel Edwards	Fibrosis Assessment in Alcohol Use Disorder
July	2024	Rachel Howarth & Tom Crame	Nutritional Considerations in Liver Disease
June	2024	Prof Helen Reeves	Liver Cancer. Choosing the right treatment for each patient
May	2024	Dr Helen Jarvis	Improving Detection and Management of Liver Disease in General Practice
March	2024	Mr Rod Figueredo	Past, Present & Future of Liver Perfusion
Feb	2024	Dr Jess Dyson	Update on Autoimmune Liver Disease
Jan	2024	Mr Abdullah Malik	The Immune System, Surgery and HCC
Nov	2023	Cathy Beresford	Experiences of care in advanced liver disease
Oct	2023	Professor Derek Mann	Liver Cancer Immunotherapy
August	2023	Dr Kate Hallsworth	Physical Activity and Exercise for NAFLD Patients
April	2023	Professor John Sayer.	Identification of a new inherited cause of liver & kidney disease'
March	2023	Dr Stuart McPherson.	Progress towards Elimination of Hepatitis C
Dec	2022	Mr Aiman Amer	ERAS - Enhanced Recovery After Surgery.
May	2022	Professor David Jones	PBC - Is The Fog About to Clear?
March	2022	Mr Colin Wilson	The Geordie Hospital TV series.
Sept	2021	Mr Aiman Amer	A King's Fellow Returns

Also many other talk/lecture videos dating back to 2015 and earlier.



The Future of Donated Organs 11th June 2026

Professor Colin Wilson, Consultant Transplant Surgeon at the Freeman Hospital Newcastle.

This informative, thought provoking and highly recommended talk dealt with the past, present and the future of transplantation. It covered a wide range of topics relating to transplantation:

- The problems
- Potential solutions
- Impact of machine perfusion
- Development of Assessment and Reconditioning Centres (ARCs)
- Advanced Therapies and Artificial Intelligence (AI)
- Live Donations
- Xenotransplantation



The challenge is to maximise the use of available organs for transplantation. The availability of organs has changed over time. As we have become more safety conscious, with fewer traumatic accidents, this has shifted from younger individuals with organs having normal functioning and no infection, to current donors who are older. We have moved from brain stem death to circulatory death. The problem is, how can you make these organs acceptable for transplantation?

Machine perfusion, where the liver can be given a range of drugs to improve its viability, has greatly helped. The perfusion machine can also provide essential data to surgeons for liver transplantation. Now livers can be kept for up to 24/30 hours before transplantation.

The talk then went on to discuss the existing and potential changes in the development of ARCs in the preparation of organs for transplantation. The question is; 'Are specific organs suitable for transplant or not?' In making this decision, visual assessment is still important. However, developing alongside this is an AI computer visual tool to look at organs. There is the OrQA trial looking at the use of an App that takes photographs which are then processed to give a score on the state of the liver to surgeons prior to transplantation (the surgeon always makes the final decision). Further trials are taking place on such applications to determine their effectiveness and suitability. In the UK, we are focussed on deceased donations. In other parts of the World this

is not available due to various reasons. Live donation from living donors is possible, together with the use of robotic surgery assisting in keyhole surgery. In South Korea, Saudi Arabia and the USA there have been some amazing results using part of the liver in transplantation.

The recent developments in the USA in Xenotransplantation were outlined. This involves the use of genetically engineered pigs' livers. Many problems exist in this development. There is still a long way to go in this research area

For anyone interested in liver transplantation, this really is the 'go to' talk to watch, providing the past, present and future outlooks.

Remember, it's available on YouTube. Type this in a browser:

<https://www.youtube.com/watch?v=e5duMqbRg8s>

Or scan the QR code with your phone or tablet:

It concludes with more people can benefit from transplantation, robotic live donation is becoming safer and that machine perfusion and ARCs are the focus in the UK. Above all, Organ Donation is a life saver!



Alf Bennett

Let's talk about it

NHS
Blood and Transplant

**Join the NHS Organ Donor Register
today and share your decision**

organdonation.nhs.uk
 [nhsorgandonor](https://www.facebook.com/nhsorgandonor)

 **Yes I donate**
ORGAN DONATION

Research Update - Mr Abdullah K Malik (LIVERnORTH Grant)

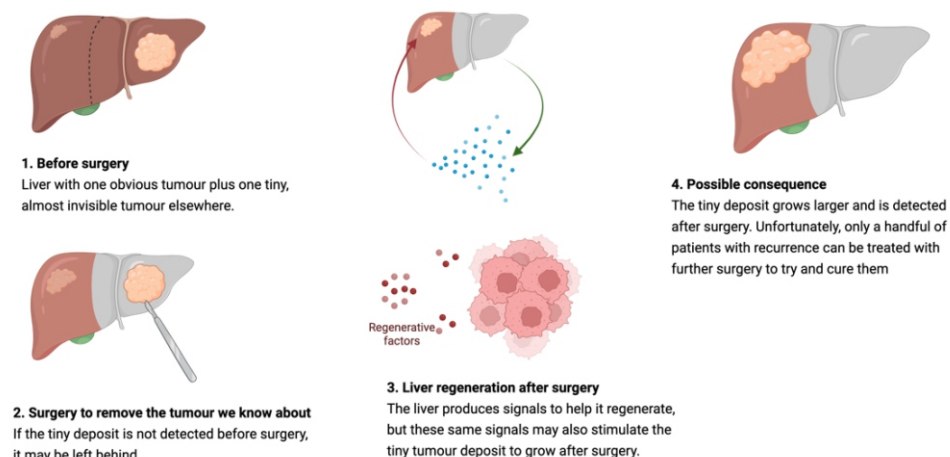
Cancer originating in the liver is difficult to treat, and even when a tumour can be removed successfully by surgery, the cancer can return in 7 out of 10 patients within 5 years. My research is trying to understand why this happens and whether we can find ways to reduce the risk of recurrence.

The liver is unusual because it can regrow after part of it is removed. This regeneration is essential for recovery after surgery, but it also produces powerful growth and inflammatory signals. In the laboratory, I am investigating whether these same signals can unintentionally encourage tiny, undetected cancer deposits remaining in the liver to grow.

With support from LIVERnORTH, I have been able to expand my research programme and employ a research technician, increasing my capacity to perform and analyse complex surgical experiments. I have completed a detailed study of how healthy and fatty livers recover after surgery. I found that fatty livers respond differently as their recovery is less organised and associated with a greater inflammatory response.

Most importantly, I have now developed a laboratory model that closely reflects liver cancer surgery. Using this model, I have found evidence that removing part of the liver accelerates the growth of cancer remaining elsewhere in the liver.

My next step is to understand the biological signals responsible for this



effect and test whether they can be safely blocked. Ultimately, I hope this work will identify treatments that can be given around the time of surgery to reduce cancer recurrence while still allowing the liver to recover normally.

I am incredibly grateful to LIVERNORTH for their generous support of my research. Their funding has made a real difference to what I have been able to achieve and has helped me develop the models and research capacity needed to take this work forward. I am equally grateful for everything LIVERNORTH does to support patients and families affected by liver disease in the North East and across the UK.

Appendix:

I was very pleased to be awarded the 2026 Andy Burroughs Young Investigator Award by the British Association for the Study of the Liver. The award distinguishes a young investigator who has made significant contributions to clinical or translational research in liver transplantation.

The award recognises a programme of research I began 10 years ago under Professor Derek Manas, when I first came to the Newcastle unit as a fifth-year medical student taking a year out to undertake research. Since then, this work has examined donor liver sharing between transplant centres, organ donation, and how we manage patients on the liver transplant waiting list. A consistent theme has been the use of routinely collected clinical data to answer practical questions that can help improve patient care in transplantation.

As part of the award, I have been invited to give the Andy Burroughs Prize Lecture at the British Liver Transplant Group annual meeting in October 2026.

I am very grateful to the colleagues, supervisors and collaborators who have supported this work over the past decade, particularly Professor Manas, who first brought me to the unit and has mentored me with unwavering support ever since. Above all, I am grateful to the patients, donors and their families whose experiences and contributions make this research possible and allow us to keep improving transplant care together.

Mr. Abdullah K. Malik

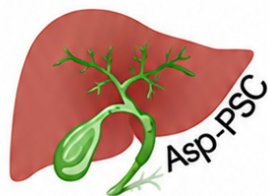
MRC Clinical Research Fellow and Honorary Hepatobiliary and Transplant Surgery Registrar Newcastle University/Newcastle upon Tyne Hospitals NHS Foundation Trust



Do you have PSC and IBD?

Asp-PSC is a ground-breaking clinical trial, funded by Cancer Research UK, that aims to see if the risk of cancer for people with primary sclerosing cholangitis can be reduced.

Find out more at
pscsupport.org.uk/asp-psc



Recruiting volunteers
now from hospitals
across the UK

Now in Cumberland Infirmary (Carlisle Hospital)



Hi John, thank you so much for delivering the notice board to display LIVErNORTH leaflets at Carlisle.

I said once the board was installed I would email you photo for your records and publications if needed.

Please see attached, it's all up and running in our Outpatients Department for our patients help, support and information.

Brilliant!

Regards, Barbara

Fibroscan Technician, Cumberland Infirmary. (18/8/2026)

48th Westfield health British transplant games

The games were held in the city of Sheffield from Thursday the 6th of August until Sunday 9th of August. There was a full program of events from swimming, volleyball, ten pin bowling, athletics, table tennis, tennis and lots more events.

Thursday evening through the city centre was the opening parade, finishing at the town hall.

Hundreds of athletes, supporters, and the donor family network did the parade. The weather was lovely and sunny. The Newcastle adults transplant team took a strong 27 athletes, winning a total of 31 medals: 14 gold, 10 silver, 7 bronze...celebrating life, doing themselves and their donor families very proud. It was a weekend of celebrating life through sport and activity, promoting organ donation.

Team manager Daymon Johnstone now a dialysis patient (hopefully not long until a new kidney comes available) was encouraged and

cheered on through all his events, especially on Friday morning when Daymon had to travel to Leeds for his dialysis. The volleyball was held on the Thursday afternoon at the Cannon Medical Arena on the outskirts of the city centre. The 7th team was made up with 3 players from Royal Papworth, one player from Royal Oxford Hospital, one player from Addenbrokes Hospital and John Harty from the Newcastle team. The round robin was 6 games of 15 minutes per game, the top 4 teams would then play for the 3 medals on offer. The Papworth and the bits and bobs team were to finish 3rd in the round robin, they were to play Nottingham team who have been gold medallist the last 2 years, so it was going to be a hard game to win. From the start Papworth went into a 10 to nil start, leading all the time through the game. The final whistle went ending up with Papworth and bits and bobs winning 21 points to 19, winning the bronze medal when the team hadn't played together...John Harty.



Pics from the 48th Westfield health British transplant games



The 48th Westfield Health British Transplant Games took place in Sheffield from August 6–9, 2026. It was the biggest event in the history of the games, featuring over 1,100 transplant athletes competing across 26 sports and drawing roughly 3,000 total participants, supporters, and volunteers to celebrate the gift of life.



Pete's Story

8 years ago an anonymous donor and their family saved my life when they consented to organ donation. I'd been diagnosed with Stage 4 Liver Disease in March 2015 and went on to develop liver cancer.

Initially I was deemed too big and too unfit to have a transplant but tailored diet and exercise helped me make it. I am eternally grateful for the knowledge, expertise and care of the NHS staff who helped me prepare for the operation, carried it out and have looked after me since then. Specific thanks to Kate Hallsworth, Lianne Downey, Peter Robinson-Smith & my Consultant Stuart McPherson who oversaw my care. I'm grateful also to fitness coach John-Lee Lydon who got me from couch potato to someone who exercises 3/4 hours every day.

Thanks also to my friends and family (you know who you all are) who helped me on the journey. They gave me strength when I had exhausted my own.

I couldn't have made it without the support of my wife (and rock) the Smurf.



Next week she and I will travel to Sheffield where from Thursday to Sunday I will compete in activities at the British Transplant Games. I will be participating with my friends from the Newcastle Adults Transplant Team (NATT) along with hundreds of other transplant recipients and living donors (both adults & children) who have been helped/saved by (mostly anonymous) donors. The highlight for me as always will be the Donor walk along with the marvellous Donor Family Network.

Well that's another British Transplant Games over...

Had great fun at the Archery, Ten Pin Bowling, First time ever playing Crown Green Bowls and finally Petanque





yesterday with my NATT Team mate Cynthia and I picking up a medal.

Highlight (as always) was the Donor Walk with the Smurf and I honouring all organ donors and their families with the Donor Family Network. I can't say it was the most picturesque Donor Walk we've done with the route around Sheffield City Centre. However one of the major aims of the games is to attract publicity and support for Organ Donation for those who remain waiting for their life saving/changing transplant. Judging by the amount of people we passed who cheered us on I'd say it was a great success. Well done Sheffield. All the venues I attended gave a warm welcome and the volunteers who helped run it all were superb.

Thank you - Pete Nyland

The History of the British Transplant Games

The games first took place in the city of Portsmouth on the 20th of August 1978. A total of 99 athletes took part on a open field next to the shore in Southsea.

The 99 who took part were nicknamed the '99 Blooming Miracles'. Transplant consultant Maurice Slapak CBE of St Mary's hospital Portsmouth was the one behind the one day event. It grew into a major 4 days NATIONAL FESTIVAL.

It now attracts well over one thousand recipients from hospitals across the UK, to celebrate life and promote organ donation completing in 25 distinct sporting disciplines.

The 99 who took part were all kidney transplant recipients from the UK. The British transplant games 2027 will be held in the city of Birmingham. This means Birmingham will have held the games 4 times.

Other cities which have held the most games are Newcastle 3 times, Sheffield 3 times and Cardiff 3 times.

In 2028 the 50th British transplant games will be held in the city of Portsmouth just where the games first started back in 1978.

One event which is very popular at the games is the donor run which brings everyone together transplant recipients, family members, the donor family network along with transplant nurses. The run is always around the city centre showcasing the transplant games.

John Harty

Charity Hammer Throw in Carlisle, 5th September



A charity hammer throw competition with a poignant message saw some top performances and raised hundreds of pounds for good causes.

The event at the Sheepmount in Carlisle on Saturday was held in memory of Matt James and Lesley Little.

Matt, a talented Cumbrian hammer thrower who died by suicide aged 26 last year, was remembered at the competition along with Lesley Little, the late wife of Border Harriers coach John Little and a stalwart supporter of local athletics. Money raised at the event and through other donations came to £913 with the total expected to climb over the £1,000 mark. Money will be shared by LIVERNORTH and Every Life Matters, the latter a suicide and bereavement charity that helped Matt James' family after his death last September.

In attendance were Matt James' brother Paul and daughter Evie, while John and Joan Bedlington from the LIVERNORTH charity in Newcastle were also there.

More via: <https://www.newsandstar.co.uk/news/26531256.carlisle-charity-hammer-event-honours-matt-james-lesley-little/>



Could You Be One in a Million?

NHS Blood and Transplant has launched a new campaign called “1 in a Million”, encouraging one million more people to record their decision to donate their organs after death on the NHS Organ Donor Register.

There are currently more than 8,000 people waiting for an organ transplant in the UK, including children. Sadly, some will become too ill to receive a transplant and others will die before a suitable organ becomes available.

Be one in a million

Record your organ donation decision and tell your family.



More people
on the register



More
transplants



More
tomorrows

Why record your decision?

Although the law on organ donation has changed in England, your family will still be involved if organ donation becomes a possibility. This is why it is so important to record your decision on the NHS Organ Donor Register and, just as importantly, tell your family what you have decided.

When families know that their loved one wanted to be an organ donor, almost 9 out of 10 support that decision.

However, family support for organ donation has fallen in recent years. NHS Blood and Transplant says that 167 families last year overruled a relative's registered or expressed decision to donate.

A conversation that could save lives.

Talking about what should happen after we die isn't always easy, but a short conversation with those closest to you could make an enormous difference.

Don't leave your family having to guess what you would have wanted.

Record your decision. Tell your family. By doing so, you could help give someone waiting for a transplant the chance of a longer and better life.

Be One in a Million... Whether your decision is to donate or not to donate, make your wishes known by recording your decision on the NHS Organ Donor Register.

You can register or amend your decision at: www.organdonation.nhs.uk
And once you've done it, please remember one more important thing:

Tell your family.

Understanding Life After Transplant - Call for participants

Understanding Life After Transplant Call for participants

We need volunteers to help us test three new surveys of **quality of life, symptoms, and healthcare experiences** after transplant

You can choose to be involved in **one or both** of the opportunities below

If you **live in the United Kingdom**, are aged **18 years or older** and have received a **solid organ (heart, lung, kidney, liver, pancreas) transplant 12 months ago or more**, we would like to hear from you

Quality of Life/Symptoms After Transplant Surveys

 <https://sites.google.com/view/qol-at-pilot/home>

Complete these surveys online to help us understand how they work in practice

Quality of Life After Transplant Survey

https://newcastlehealth.eu.qualtrics.com/jfe/form/SV_1zYXJ6mXCyHQNP4

Symptoms After Transplant Survey

https://newcastlehealth.eu.qualtrics.com/jfe/form/SV_elmyjg4bjkyOtEO

Healthcare Experiences After Transplant Survey

Take part in an interview to help us check whether the survey questions are relevant, easy to understand, and cover all necessary aspects of healthcare experience

Express your interest: <https://forms.office.com/e/5e5aL4eruR>

For more information:

 ODT.experiences@newcastle.ac.uk

 <https://odt.btru.nihr.ac.uk/research/theme-6/>

The Blaydon Races, The Unofficial Geordie Anthem

Wherever you live in the UK, I am sure that you have heard a rendition of this song, especially the chorus. The original song was rich in the Geordie dialect, the one commonly used today still has elements of this. You know the one.

CHORUS

Oh, me lads, you should've seen us gannin'
Passing the folks along the road
Just as they were stannin'
All the lads and lasses there
All with smilin' faces
Gannin' along the Scotswood Road
To see the the Blaydon Races*

*I hope, for people outside the area the words are understandable and require no further translation.

The song tells the story of a group of people travelling by horse drawn bus from Newcastle to the Blaydon horse races in the North East of England. The song was written by George 'Geordie' Ridley. The lyrics were inspired by an American ballad 'On the Road to Brighton' (which is in Massachusetts). It was first performed by Ridley at Balmra's Music Hall in Newcastle on June 5th, 1862. The verses include many local well-known people including, Coffey Johnny, a regular race goer who was well over six foot and renowned for wearing a white top hat on special occasions and Dr Charles Gibb, the most widely known doctor in Newcastle who did much to help the poor. He played a prominent part in combatting the Cholera outbreak in 1853. Ridley even used the last verse to advertise his next concert on the evening of June 9th

"As saw him talkin' to some Cheps an' them he was persuadin'
To gan an' see Geordy Ridley's concert at the Mechanic's Hall at
Blaydon"

Who said, Social Media was a modern invention!
There is a great painting by William Irving, called 'Blaydon Races – a



Study of Life' which captures the festive and chaotic nature of the Races which can be viewed online. It's really worth a view, there's so much detail.

Ridley was born in 1835 and started work as a trapper boy at Oakwellgate Colliery at the age of eight transporting coal. He later moved on from colliery work to a heavy engineering works where unfortunately he was severely injured making him unfit for heavy manual work. As a result, he turned to performing as a singer of Irish comic and old Tyneside songs. Actually, he wrote over 20 songs including 'Cushie Butterfield.' Unfortunately, he never recovered from his injuries sustained at work. His performing career only lasted 5 years and after a short illness he died aged 30. However, his performing/musical genes do live on. Eric Burdon, lead singer of the Animals in the Sixties is Ridley's great great nephew. Can you remember their greatest hit? (answer at the end).

The first races at Blaydon took place in 1811 at a circular track on Blaydon Island in the River Tyne. They continued until 1865 by which time the island had disappeared due to dredging of the River Tyne. At which point, they were moved to a new site to the west of the old one. The horse races officially ended in 1916 following civil disturbances at the racecourse after a controversial racing result.

However, that was not the end of the Blaydon Races. In 1981, they took on a different form as a new athletics road race which followed the 5.9 mile original route described in Ridley's famous song. It started with just over 200 runners. Today, the 5000 places sell out quickly and it has now become a real celebration of local history and culture.

Horse racing continues in the area to the present day. Newcastle racecourse is located at Gosforth Park and has race meetings throughout the year. Its most famous race is the Northumberland Plate. The race was originally on a Wednesday, and the meeting was a holiday for the local miners. As a result, it became known as the Pitmans Derby. The meeting ceased to be a holiday in 1949, and the race was switched to a Saturday in 1952.

The Animals greatest hit was, 'House of the Rising Sun.'

Alf Bennett

RECIPE SPOT: Blueberry Cake (Liz Bennett)

Prepare a 2lb loaf tin, greased, and lined. Set the oven at 160c.

Ingredients:

- 150g Butter
- 150g Sugar
- 150g Self raising flour
- 150g Ground almonds
- 3 Eggs
- 200g Frozen blueberries (do not defrost)
- Zest of 1 Lemon.

Method:

Cream butter and sugar until light and fluffy. Add the ground almonds and 1 egg, making sure it is all mixed through. Sift the flour gradually into the mix alternating with the remaining eggs. Add the lemon zest, tip in the blueberries, fold them carefully and spoon into the tin. Put into centre of the oven 40-45 mins. Test, it should have a firm feel.

Leave to cool in tin, for at least 10 mins to cool before removing.

I used a butter icing in the picture as recommended, this was fine but future ones I will omit it and serve with crème fraiche.

Great with a cup of coffee, Liz



LETTERS - email us or post to 'freepost livernorth'

Dear Liversnorth team,

Once again, your newsletter hits all the right notes, informative, useful, thought provoking, entertaining, and fun!

Thank you for taking the time to do this and send it out. I am living with PBC (British born American), and thankfully reasonably well, but the information you send gives me great comfort as well as useful information, and I am very grateful for your support.

Thank you for all you do.

AJ

Amanda-Jo Nicholson, CPM

SUPPORT LIVER PATIENTS AND FUND RESEARCH

JOIN OUR LOTTERY - FORM ON PAGE 27

50% of income goes on prizes
50% goes to fund research & patient support

LIVERnORTH relies on donations and the generosity of our supporters. We are run entirely by unpaid volunteers.



Yes I donate
ORGAN DONATION

Take time to talk about organ donation

Many people don't realise that their family's support is needed for organ donation to go ahead.

**More memories from our own Joyce Widdis
(A proud Geordie now living in Kent)**

And the moral of the story is...

Me sister had a temporary job working in the gift shop for Kensitas cigarette coupons...

A really posh, obnoxious man came in one day with piles and piles of coupons wrapped in elastic bands.

He shouted and pointed at her,

"You girl, deal with these", and he threw them on the counter.

"They're for a dinner service as a wedding gift, make sure you wrap it properly girl "...

He spoke to her like she was something on the bottom of his shoe...

She didn't say a word...

She went off quietly and having sorted his coupons wrapped the dinner service up and handed it to him.

He didn't even say thank you, and walked out...

She did wrap it neatly but, what she didn't tell him was she'd put a whole bundle of -

'With the compliments of Kensitas cigarettes' ...hidden inside the dinner set!

'Revenge is a dish best served cold'...

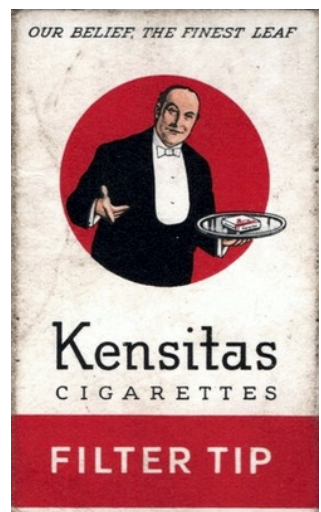
What a lovely surprise for the bride & groom when they opened their wedding present to see their frightfully posh friend had saved up his tab coupons for a wedding present...

And the moral of the story is:

Div'n mess with a Geordie lass...

Me mam & dad had taught us well:

'Good for yee pet, div'n stand for nee nonsense'...



LIVERNORTH LOTTERY

Jackpot £2,500
+Seven prizes of £250

recent prize winners:

Date	Number	Location	Prize
23/01/25	- No 29	Sunderland	£250
24/04/25	- No 168	Carlisle	£250
17/07/25	- No 109	Northumberland	£250
01/09/25	- No 72	Lancashire	£250
27/11/25	- No 93	Morpeth	£250
27/11/25	- No 15	Lanchester	£2500
27/01/26	- No 39	Gosforth	£250
27/01/26	- No 74	Belsay	£250
10/03/26	- No 147	Hett	£250
11/05/26	- No 17	London	£250
11/06/26	- No 19	London	£250

£2500 Jackpot Prize winner

TO BE DRAWN 19th November 2026

Registered under the GAMBLING ACT 2005 with the city of Newcastle upon Tyne

**JOIN THE LOTTERY AND
SUPPORT US HERE:** 

LIVERNORTH Lottery application form



Your contact details

Name

Address

Postcode

Telephone

E-mail

Preferred payment method

☐

I confirm that I am over 16

☐

BACS: Account: LIVERNORTH Charities Account

Account no: 71298290 **Sort code:** 53-61-24 **Ref:** (Your name)

☐

Post: Cheque payable to livernorth, minimum of 1 quarterly payment of £13.
send to 'freepost LIVERNORTH'

☐

Standing order form (please complete the form below)

Please pay to Nat West Bank, 2 Tavern Street, Ipswich, Suffolk IP1 3BD

Account: LIVERNORTH Charities Account **Account no:** 71298290 **Sort code:** 53-61-24

Your bank/building society's details

Bank/building society name

Bank/building society address

Postcode

Account name

Account No

Sort code

Amount to be paid until further notice

☐

£52
annually

☐

£13
quarterly on 1st Jan, 1st Apr, 1st Jul & 1st Oct

Preferred first payment date (or ASAP)

Signature

Date

Post the form back to us in an envelope addressed to: 'freepost LIVERNORTH'

2026 Charity Draw Tickets

If you receive LIVERNEWS by post, you'll also have received a book of 10 Charity Draw tickets along with a prepaid Freepost envelope.

- If you don't wish to buy the tickets, or if you'd prefer to purchase online, simply destroy the book.
- **To save our postage cost, please do not return unsold tickets to us**

Every ticket you buy helps us continue supporting liver patients and funding vital research.

- **All ticket stubs and payments should be returned by 13th November 2026.**
- Cheques should be made payable to LIVERNORTH.

It's quick and easy to buy your tickets online:

<https://www.peoplesfundraising.com/raffle/charity-draw-2026>

Thank you for your support - and good luck in the draw!

**LIVERNORTH
CHARITY
DRAW
2026**

**YOUR
NUMBER!**

**£500
1st prize**

Barbour VOUCHER

PLUS MANY OTHER EXCELLENT PRIZES

£1 tickets

1994 - 2026: THIRTY TWO YEARS OF LIVER PATIENT SUPPORT & RESEARCH

Registration No. LOTT211 with the Council of the City of Newcastle upon Tyne
in accordance with the Gambling Act of 2005

To be drawn on 23rd November 2026. Winners will be notified - results published on our website & in LIVERNEWS
Promoter: J.Bedlington MBE, **freepost LIVERNORTH**. LIVERNORTH is a Registered Charity (No. 1087226)

HELEN'S HOWLERS

Most of the funnies you see in these pages are sent from our friends and colleagues (like Billy Venus) or are freely circulating via the internet. We are constantly on the look out for more material so please send in anything you have or have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome. If you're feeling a bit low - read on... As they say, laughter is the best medicine! Thanks for this issue again go to our many facebook friends, LIVERNORTH colleagues and 'the internet'.

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WARNING - AWFUL JOKES, SOME UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!

The man who makes the giant eclairs at our local patisserie has just retired. Whoever replaces him has got some massive choux to fill!

I saw an elderly bloke at the supermarket collecting all the trolleys. He must have been pushing seventy.

I saw two guys walking down a street in exactly the same clothes "do you realise how stupid you look" I said and one of them replied "Right you're under arrest"

The inventor of Tupperware died a few weeks ago but has not been buried yet as they are unable to find the lid that fits the coffin. A spokesman said 'I know it's here somewhere'.

90s Iconic Sooty and Sweep puppets. Any offer accepted, just want them off my hands.

In the spirit of Wimbledon fortnight I bought a punnet of strawberries and looked to the internet for the best way to serve them? It suggested that I have the strawberries, dust with icing sugar, and pile cream on top. A word to the wise - pile cream is very expensive and tastes disgusting.

I've learned two main lessons in life:

- 1) If you love someone let them go and
- 2) I'm not cut out to teach rock climbing.

The next time you shop, ask your checkout person what kind of chocolate bar they like and buy them one. I did this today. I was at self-checkout, but still, it's a nice thing to do.

Sometimes when my wife is being mean I look at her through a fork and pretend she's in jail.

My mate told me he was going on holiday for a fortnight so I asked him to bring me 800 cigs back. When he got back he gave me the cigs and I asked him how much I owed him. He said, "£740". "Bliddy hell man Where have you been?" I asked. "Great Yarmouth," he replied.

I've just seen a sheep driving a car in a swimsuit...it was a Lamb-bikini.

Who would prefer to see punch and Judy performed without puppets? Come on lets have a show of hands...

A girlfriend once left me because she said I was obsessed with supermarket checkouts...

...I asked if she needed any help packing her bags.

I decided to make the current Mrs V a fruit and nut cake as a surprise for being geet canny, after it was cooked I left it by the window to cool. When we came back home it wasn't there. She said it's been stollen.

So i was walking down the road before and this bloke came up to me and punches me in the face, right on my jaw. I said "What did you do that for?" He said "I can't stand your really bad jokes ending with awful puns!". Well I have to say I was gobsmacked!

I went to the travel agents to enquire about a holiday.

To my shock they were so rude. All I wanted was a trip along a river in Germany to Romania. As soon as I asked the girl said damn you... I couldn't believe it and walked out.

A bloke came up to me and said "I identify as a supermarket."

I asked him, "How long has that been going on?"

He replied, "Ever since I was Lidl".

SON: 'Dad, can you tell me what an eclipse is ?' DAD: 'No son'

I could hardly breathe after kissing my girlfriend Kate. She's from Suffolk.

I said to my mate, "I can't remember the name of the movie company that has a mountain in its logo..."

...He said, "Is it paramount?" I said,

'Not really, it's just really annoying me.'

I've now started naming people after shops. You could be Next.

'Man digs 12ft deep hole without realising his metal detector was picking up his steel toe safety boots'.

I had a dream that I was being carried on the shoulders of an unknown Viking through a mass of cream pies... That's right, I rode through the deserts on a Norse with no name!

Just been to B&Q and said to the girl "what's best for a greasy oven" She said "ammonia cleaner" I said "sorry I thought you worked here"

I got into a Yorkshire university with my A level results: A,C,D,C. I'm on the highway to Hull!

Why did the bicycle fall over? Because it was two tired.

What's red and white on the outside and grey on the inside? Campbell's Cream of Elephant Soup.

What is made of leather and sounds like a sneeze? A shoe...

Teacher: "All right children, let's think about this...If I were to get into a man's pocket and take his wallet with all his money, what would I be?

Little Billy: "You'd be his wife!"

Chocolate is vital for our survival...

Dinosaurs didn't have chocolate, and look what happened to them!

Whoever invented 'Knock-Knock' jokes should get a no-bell prize.

Pasteurize - too far to see.

The other day I held a door open for a clown - it was a nice jester!

Why can't a nose be twelve inches long? Because then it would be a foot.

What animal can jump higher than a house? Lots of them can, a house can't jump.

Why do birds fly south in the winter? Because it's too far to walk.

What do you call a fish with no eyes? A fsh.

What do you call a can opener that doesn't work? A can't opener!

There are three types of people in the world: Those who can count and those who can't.

Did you hear about the Italian chef who died? He pasta-way.

A man and a giraffe walk into a bar. After a few drinks, the giraffe falls over and dies. The man begins to walk out when the bartender stops him. "Hey, you can't leave that lyin' there!" the bartender yells out. The man turns around: "It's not a lion. It's a giraffe." I was showing two young American girls

around Gateshead this morning and they come to a Pelican crossing. So I pressed the button and the pedestrian signal goes 'bleep-bleep-bleep-bleep....' 'Whats that for?' asked one of the girls. 'Oh that's just to let the blind know that the lights have changed' I said. 'My Gaad' she said, really shocked, 'in the States we don't even let them drive...'

Talking to an old geezer at the swimming pool this morning, says he's been swimming for 74 years. He's lying. I know for a fact it was closed last Sunday.

I've never opened the fridge after terrible day and thought "This calls for celery."

The chief executive of Northern Rail was married last week and he got to the church on time but the train on his brides dress was half an hour late.

After leaving the Secondary Modern School at 15 years old my career as an apprentice butcher in town ended abruptly by being fired for falling backwards on a bacon slicer and getting behind in the orders.

I had a job painting yellow lines on the road I hated it and packed it in before I went around the bend.

I didn't last long in a shoe recycling facility either it was sole destroying.

The tiddlywinks factory was I thought counter productive.

Husbands: If your wife returns from the doctors and tells you she has an iron deficiency do not, I repeat, do not ask if she has a hoover deficiency too...

I asked 100 women which shampoo they preferred when showering. The number one answer was 'GET OUT'.

I told my wife she was drawing her eyebrows too high. She looked surprised.

I used to play piano by ear, but now I use my hands.

What do you call someone with no body and no nose? Nobody nose.

I was going to tell a time-traveling joke, but you folks didn't like it.

I accidentally swallowed some food colouring. The doctor says I'm OK, but I feel like I've dyed a little inside.

What would bears be without bees?
Ears.

Against all the odds, Helen's Howlers are back – although whether that is something to celebrate is open to debate.

Our main supplier of dubious humour (WV) continues to send us his latest offerings via Facebook. Sadly, there is still no sign of an improvement in quality. In fact, we fear things may be getting worse.

We did appeal for better jokes in the Summer issue but, judging by what we received, either nobody was listening or

you decided the challenge was simply too great. So once again, we need your help! If you know a joke - any joke - that might raise even the faintest smile, please send it in.

The bar remains reassuringly low. In the meantime, thank you for starting to read - if you actually made it to the end of Helen's Howlers, congratulations – your perseverance deserves recognition.

Sadly, we can't afford a prize, but please feel free to reward yourself with this free Virtual Murray Mint, a blend of peppermint oil, sugar, glucose syrup, and a hint of molasses giving them a rich, buttery, caramel-like undertone.



PS: Virtual Murray Mints are suitable for Vegan, Vegetarian, Pescatarian, Flexitarian and Omnivore diets. As far as we know, there are No Known Alleriges (NKA) attributable to virtual Murray Mints. Introduced in the 1940s, the real sweets originated with the confectionery firm R.S. Murray & Co who eventually merged with James Pascall under Beecham Group ownership, before passing to Cadbury Fry and later becoming part of Bassett's.

(Every day is a school day! Ed)

SPOT THE DIFFERENCES

The most obvious deliberate differences are:

1. Doctor's smile – broader smile showing more teeth on the left; more subtle smile on the right.
2. Tie – plain dark blue (left) vs striped blue tie (right).
3. Stethoscope chest piece – silver on the left, black on the right.
4. Clipboard – blue clipboard (left) vs black clipboard (right).
5. Watch – wristwatch present on the left image, absent on the right.
6. Pens in pocket – blue/red pens on the left replaced by a green marker and red item on the right. Additional pen – a black pen appears in the right-hand breast pocket but not on the left.
7. ID badge – the clip on the badge is different.
8. Background: monitor – the screen on the monitor in the background is green on the left but black on the right.



Did you like this exercise in observation? How did you do? There were subtle other differences but we think it may just be printing/colour limitations. Let us know what you think of this kind of thing. Is there anything else you would like to see in the LIVErNEWS that could benefit our readers? Our quiz page is always popular as is the UIOLI Sudoku but you might know of other things we could use to help our readers - email info@livernorth.org.uk with any ideas/opinions you have.

The Pub Quiz or if you prefer the Barista Café Quiz No 17

- 1 How many seconds do you get to work out your answer on Countdown?
- 2 Carrots are rich in which vitamin?
- 3 In which year did Clint Eastwood star in The Good, The Bad, The Ugly?
- 4 In 1901, the Puffing Billy was an early version of which item?
- 5 In which decade was the Berlin Wall erected?
- 6 What type of dog was Scooby Doo?
- 7 Which famous car had the registration GEN11?
- 8 Which creatures are used as croquet balls in Alice in Wonderland?
- 9 Who first had a hit with the song "Beyond the Sea"?
- 10 In which country is the musical Cabaret set?
- 11 What fence could you sit on at Aintree?
- 12 What is the longest river in Europe?
- 13 An early name for what medal was "old boiled egg"?
- 14 Who was the first Russian Tsar?
- 15 What is the surname of the 2nd and 6th President of the USA?
- 16 What is the largest lake in Scotland?
- 17 Which country's flag has the most colours?
- 18 What is the most eaten fish in the world?
- 19 When is Twelfth night?
- 20 Which two fruits are anagrams of each other?

(Answers below)

- | | |
|----------------------------|----------------------------|
| 1. 30 seconds | 10. Germany. |
| 2. Vitamin A | 9. Bobby Darin |
| 3. 1966 | 8. Hedgehogs. |
| 4. Vacuum Cleaner | 7. Chitty Chitty Bang Bang |
| 5. 1960-61 | 6. Great Dane |
| 6. Great Dane | 5. 1960-61 |
| 7. Chitty Chitty Bang Bang | 4. Vacuum Cleaner |
| 8. Hedgehogs. | 3. 1966 |
| 9. Bobby Darin | 2. Vitamin A |
| 10. Germany. | 1. 30 seconds |
-
- | | |
|-----------------------|-----------------------|
| 11. The Chair | 20. Lemon/Melon |
| 12. The Volga | 19. 6th January |
| 13. OBE | 18. Herring |
| 14. Ivan the Terrible | 17. South Africa |
| 15. Adams | 16. Loch Lomond |
| 16. Loch Lomond | 15. Adams |
| 17. South Africa | 14. Ivan the Terrible |
| 18. Herring | 13. OBE |
| 19. 6th January | 12. The Volga |
| 20. Lemon/Melon | 11. The Chair |

*How have you done? Up to 6 correct – Quiz Enthusiast. Up to 8 – Quiz Hotshot.
Up to 12 - Quiz Maestro. Up to 16 - Quiz Supremo. Up to 18 - Quiz Genius.
A full score of 20 – Quiz Perfect...Take a bow!.*

UIOLI (Use It Or Lose It) Autumn 2026 - ISSUE 96

SUDOKU... With the kind permission of the creator (Wayne Gould of Pappocom). You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go - it will help to keep your brain active. Just fill in the missing numbers in every square, row & column using 1 to 9 without repeating any. There is strict copyright so they may not be redistributed in any way whatsoever although you can of course photocopy the page if you don't want to spoil your copy of LIVERNEWS. Good Luck!

	7	3	1	2	6	9	5	8
	1		8		4			
2		5	3					
				1	7	6		3
8				3				1
3		1	2	6				
					3	1		4
			7		2		9	
9	5	4	6	8	1	7	3	

Easy SUDOKU

Difficult SUDOKU

		3	4	6		9		
4			3	9				
				7	8	5	3	
				8			5	7
		8				6		
5	7			3				
	2	9	7	4				
				2	3			9
		6		5	1	7		

SU DOKU

'Single Digit' (Japanese)

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 95) SUDOKU solutions:
Easy

3	7	2	6	8	9	4	1	5
8	5	6	1	2	4	7	3	9
9	4	1	5	3	7	2	6	8
1	2	9	4	5	6	8	7	3
7	3	4	9	1	8	5	2	6
6	8	5	3	7	2	9	4	1
4	6	3	2	9	5	1	8	7
2	9	7	8	6	1	3	5	4
5	1	8	7	4	3	6	9	2

Difficult

8	4	6	1	7	5	9	3	2
2	5	9	4	3	6	7	8	1
1	7	3	8	2	9	5	6	4
7	9	2	6	8	1	3	4	5
5	1	4	7	9	3	6	2	8
3	6	8	5	4	2	1	7	9
6	3	5	2	1	8	4	9	7
9	8	7	3	5	4	2	1	6
4	2	1	9	6	7	8	5	3

Insurance Matters - updated 14/3/2026

Supporters report having been able to get reasonably priced holiday cover here:

Able2travel _____	01483 806826
Age Co _____	0800 0328249
AVIVA _____	0345 0308715
Bib Insurance Brokers (www.bibinsurance.co.uk) Darlington _____	01325 353888
City Bond _____	0333 2070506
Churchill* _____	0800 0326534
Direct Travel* _____	0330 8803600
Freedom ^ _____	01223 446914
Leisure Care Insurance _____	0204 5994659
Post Office _____	0800 1387777
RIAS* _____	0345 1655799
SAGA _____	0800 0569200
Sainsbury's _____	0345 3052623
Sladdin & Co Ltd. (brokers) _____	01422 362614
www.Insurancewith.com _____	0333 0051066
www.miatravelinsurance.co.uk _____	0800 9993333
www.staysure.co.uk _____	0333 0068033
https://www.world-first.co.uk/ _____	0345 9080161
https://www.freespirittravelinsurance.com/medical-conditions/liver/ _____	02392 419080
https://www.payingtoomuch.com/ _____	0330 029 5073

* not TX patients - please check with the others also.

^ specifically includes cover for declared pre-existing medical conditions.

Please help to keep this page current and useful by letting us know of your own experiences both good and bad. You can email us at info@livernorth.org.uk or drop us a line at our Freepost address 'freepost livernorth' no stamp necessary..

The latest version of this page is always available as a PDF file. Email us and ask for a copy: info@livernorth.org.uk

All of our leaflets including No.16 'Travel Insurance for Liver Patients' are available to read online by scanning the QR code on the right with your smartphone.



Information Leaflets Available (read or download):

1. Liver Patient Support
2. Accommodation for patients & families
3. Autoimmune Hepatitis
4. Alcohol and Liver Disease
5. Looking After Your Liver
6. Primary Biliary Cholangitis (PBC)
7. Coping With Stress
8. Primary Liver Cancer
9. You and Your Consultant
10. Primary Sclerosing Cholangitis (PSC)
11. Lifestyle and your Liver (MASLD/NAFLD)
12. Liver Disease
13. Skin Care for Liver Patients
14. Diet and Liver Disease
- 14a. Nutrition in Liver Disease
15. Hepatitis C
16. Travel Insurance for Liver Patients
17. Hepatitis E
18. Fatigue in Liver Patients/A Patient's Journey
19. Scanning - a short guide (*aka Understanding Tests*)
20. Liver Cirrhosis Self Management Toolkit *
21. Exercise & Osteoporosis in Liver Patients
22. Hepatic Encephalopathy
23. Our Livers, Our Lives
25. Allowances (DLA & PIP)
26. Compensated Liver Cirrhosis
27. Hepatitis B
30. Wellness Walks - several available***

* only from your healthcare professional - email for more information

** Patient & Carer art - online only online.

*** Printed copies available on request.

ALL
ONLINE



OR GO TO
OUR WEBSITE
SEE BELOW

How to get information leaflets:

1. Website: <http://www.livernorth.org.uk/pages/factsheet.htm>
2. Email us: info@livernorth.org.uk
3. Phone/FAX: 0191 3702961
4. Facebook pm us: <https://www.facebook.com/livernorth/>
5. Write to us: Freepost LIVERNORTH

HELPLINE

If you have any concerns about liver disease and would like to talk to someone, please call any of the numbers below:

JOAN 0191 3702961

KATHRYN 0735 9537737

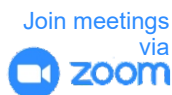
FIONA 0781 5071918

ANN 0191 4131827

**FOR ALCOHOL MISUSE CALL:
PAUL 0778 4153587**

Get free Liver Patient and Carer Support Information:

- Download from our website (www.livernorth.org.uk)
- Email us (info@livernorth.org.uk)
- Phone us (0191 3702961)
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